THE INSTITUTE
FAMILY HEALTH

Blood Glucose and Food Log

Vame:

www.institute2000.org		Breakfast		Snack	Lunch		Snack	Dinner	
Date:	Food & Drinks (Include size of servings)								
		Total carbs: g		Carbs: g	Total carbs: g		Carbs: g	Total carbs: g	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:	2 hrs after:
Date:	Food & Drinks (Include size of servings)								
		Total carbs: g		Carbs: g	arbs: g Total carbs: g		Carbs: g	Total carbs: g	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before	2 hrs after:
Date:	Food & Drinks (Include size of servings)	Total carbs:	·	Carbs: g	Total carbs:	·	Carbo	Total carbs:	C.
				Carbs: g			Cards: g	Total carbs:	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:	2 hrs after:

Blood glucose goals:

Before meals= 70-130

2 Hrs after meals= under 180

Call your diabetes team if you have high or low glucose levels frequently!